



# THEME 3: HEALTHY LIVING

Lesson 1

Lesson 3

Lesson 5

Lesson 2

Lesson 4

## Theme 3: **HEALTHY LIVING**

### **Lesson 1:**

#### **I. New words:**

- |                        |                                    |
|------------------------|------------------------------------|
| 1. health (n)          | : sức khỏe                         |
| + healthy (adj)        | : khỏe mạnh, lành mạnh             |
| + unhealthy (adj)      | : không khỏe mạnh, không lành mạnh |
| 2. eat fruit           | : ăn trái cây                      |
| 3. do exercise         | : tập thể dục                      |
| 4. get some sleep      | : ngủ một chút                     |
| 5. eat food            | : ăn thức ăn                       |
| 6. play computer games | : chơi trò chơi trên máy tính      |
| 7. eat candy           | : ăn kẹo                           |
| 8. watch TV            | : xem truyền hình                  |
| 9. drink soda          | : uống nước ngọt có ga             |

**A1** **New Words**

a. Write the words under the pictures and fill in the blanks. Check with a partner.  
Listen and repeat.

unhealthy, do exercise,  
get some sleep, eat fruit,  
play computer games,  
eat candy, watch TV,  
drink soda, healthy

  
1. eat fruit

  
2. drink soda

  
3. watch TV

  
4. get some sleep

  
5. do exercise

  
6. play computer games

  
7. eat candy

8. My cousin is very unhealthy.  
He's always tired and gets sick a lot.

9. My friend is very healthy. She has  
lots of energy and always plays sports.

b. With your partner, put a (✓) for healthy activities and a (✗) for unhealthy activities for each picture.  
Share with the class.

**Listening**

a. Two friends are doing a survey about healthy lifestyles. Listen and write "True" or "False".

1. Toby does lots of exercise every week. True  
Lisa doesn't eat any candy. True
2. Toby gets a lot of sleep every night. False  
Lisa eats a lot of fruit every day. True

b. Circle the correct words. Listen again and check.

The speakers say:

1. I do lots of/any exercise.  
I don't eat some/any candy.
2. I don't get a lot of/some sleep.  
I don't eat any/some fruit.



## II. Useful Language:



### Useful Language

Listen then practice.



How much **candy** do you eat **every day**?  
That's very **unhealthy**.

I eat **lots of candy**. I like it.

### Note



(not) any



a little



some



a lot of/lots of

## \*Asking about quantity : hỏi số lượng ( bao nhiêu)

How much+ Noun (uncountable) + do/ does +S +V .....?

How many + Noun (countable) + do/ does +S +V .....?

## \* Some expressions of quantity : các từ chỉ số lượng

- many + Noun (countable) : nhiều
- much + Noun (uncountable) : nhiều
- a lot of /lots of + Noun (countable/ uncountable) : nhiều
- some + Noun (countable/ uncountable) : một vài, một ít
- a little + Noun (uncountable) : một ít
- little + Noun (uncountable) : ít
- a few + Noun (countable) : một vài
- few + Noun (countable) : ít
- (not) any + Noun (countable/ uncountable) : không có bất kì.... (câu phủ định)

EX: 1. How much candy do you eat every day ?- I eat a lot of / lots of candy

2. How much sugar do you need? - I need a little sugar.

3. How many books do you want to borrow ?- I want to borrow some books

4. How many friends does she have in Ha noi ? - She doesn't have any friends in Hanoi.

## Choose the correct answer for each sentence

1. There is \_\_\_\_\_ water in the bottle. (**little** / few)
2. She has \_\_\_\_\_ books, not enough for references. (little / **few**)
3. We didn't spend \_\_\_\_\_ money . (many / **much**)
4. Let's go and have a drink. We have \_\_\_\_\_ time left ( **a little** / a few)
5. Did you take \_\_\_\_\_ photographs when you were on holiday? (**many**/ much)
6. I have \_\_\_\_\_ friends in Viet nam . (**a lot of** / a lots of )
7. I don't have \_\_\_\_\_ relatives in these strange places. (**any**/ much)
8. He wants to buy \_\_\_\_\_ pens . (any/ **some**)

Grammar

Unscramble the questions. Check with a partner. Practice asking and answering the questions with your own information.

1. exercise/week?/do/much/every/you/do/How     How much exercise do you do every week?
2. candy/you/do/much/How/every/day?/eat     How much candy do you eat every day?
3. soda/day?/drink/do/every/you/much/How     How much soda do you drink every day?
4. TV/How/do/you/night?/much/watch/every     How much TV do you watch every night?
5. day?/fruit/How/every/do/you/much/eat     How much fruit do you eat every day?



**Pronunciation**

**Intonation**

**a. Intonation for wh-questions goes down.**

How much exercise do you do every week?

**b. Listen to the sentence and notice how the intonation goes up or down.**

How much exercise do you do every week?

**c. Now listen again and repeat.**



**Practice**

Look at the activities in the pictures. Ask and answer, then say if it's healthy or not.

How much exercise do you do every week?



every week



every day



every day

I do a lot of exercise every week.



every night



every day



every night

a lot of  
some  
only (verb) a little  
don't (verb) any

That's very healthy.

## Theme 3: **HEALTHY LIVING**

### **Lesson 2:**

#### **I. New words:**

1. headache	(n)	: bệnh đau đầu
+ have a headache		: bị bệnh đau đầu
2. dizzy	(adj)	: hoa mắt, chóng mặt
+ feel dizzy		: cảm thấy chóng mặt
3. medicine	(n)	: thuốc uống
+ take some medicine		: uống vài viên thuốc
4. stomach ache	(n)	: bệnh đau dạ dày
5. sick	(adj)	: bệnh
6. weak	(adj)	: yếu
7. rest	(v,n)	: nghỉ ngơi
+ get some rest		: nghỉ ngơi một chút
8. health problems	(n.phr)	: các vấn đề về sức khỏe
9. advise (v) – advice	(n)	: khuyên/ lời khuyên



1. headache 2. dizzy 3. medicine 4. stomach ache 5. sick 6. weak 7. rest

HEALTH PROBLEMS	ADVICE
have a... <u>headache</u> <u>stomach ache</u> _____ _____	get some... <u>rest</u> _____ _____ _____
feel... <u>dizzy</u> <u>sick</u> <u>weak</u> _____ _____	take some... <u>medicine</u> _____ _____ _____

b. With your partner, think of more health problems and advice. Add them to the table. Share with the class.

I have a cold.

Get some sleep.

**Listening**

a. Two people are talking to a doctor about health problems. Listen and tick (✓) the boxes.  



**Patient: Mark**

1. Health problems:  
 sick  dizzy  headache  stomach ache

Advice:  
 should...take some medicine   
 drink water   
 shouldn't...drink too much soda   
 eat candy

**Patient: Liz**

2. Health problems:  
 cold  dizzy  headache  stomach ache

Advice:  
 should...drink a lot of water  get some rest   
 wash hands  take some medicine

b. Circle the correct answers. Listen again and check. 

The speakers say:

1. I feel / have really sick today.  
 You should take eat breakfast.
2. Do you have / feel a headache?  
 You should sleep eight hours a / the night.



## II. Useful Language:



### Useful Language

Listen then practice.



How do you feel today?  
Do you have a stomach ache?  
Do you eat a lot of fast food?  
You shouldn't eat too much fast food.

I feel sick.  
Yes, I do.  
Yes, I do.

We use "too many" before countable nouns.  
e.g. You shouldn't eat too many cheeseburgers.  
We use "too much" before uncountable nouns.  
e.g. You shouldn't drink too much soda.

### 1/ GIVING ADVICE : Cho lời khuyên

**S + should / shouldn't + V ( nên/ không nên)**

**EX: We should drink much water**

**We shouldn't drink much soda**

### 2/ TOO MUCH/ TOO MANY : quá nhiều

**\* Too much + Noun (uncountable)**

**EX: You shouldn't eat too much candy**

**\* Too many + Noun (countable)**

**EX: You shouldn't eat too many chocolate bars**



Grammar

Complete the sentences with words from the box. Check with a partner.  
Practice saying the sentences.

1. I have a stomach ache.
2. You shouldn't eat too much candy.
3. You should take some medicine.
4. I feel dizzy.
5. You shouldn't eat too many chocolate bars.

too many  
have  
take  
feel  
too much

**Pronunciation**

**Sound Changes**

a. "...a lot of..." often sounds like /əla:dəv/.

c. Now listen again and repeat.

b. Listen to the sentences and notice how the underlined sounds change.

Do you eat a lot of fast food?  
Do you do a lot of exercise?

**Practice**

Practice the conversation. Swap roles and repeat.

Doctor: How do you feel today?

Patient: I have a headache.

Doctor: Do you play computer games a lot?

Patient: Yes, I do.

Doctor: You shouldn't play computer games too much.

Patient: OK.

Doctor: And get some rest.



headache



dizzy



stomach ache



sick



stomach ache



weak

## Theme 3: **HEALTHY LIVING**

### **Lesson 3 :**

#### **I. New words:**

1. healthy	(adj)	: khỏe mạnh
2. fit	(adj)	: khỏe, thích hợp
3. early	(adj,adv)	: sớm
4. late	(adj,adv)	: trễ, muộn
5. lifestyle	(n)	: lối sống, cách sống
6. fast food	(n)	: thức ăn nhanh
7. fruit juice	(n.phr)	: nước trái cây
8. favorite food	(n.phr)	: thức ăn yêu thích



New Words

a. Match the words with the descriptions. Check with a partner. Listen and repeat.



- |              |   |
|--------------|---|
| 1. healthy   | A. strong and able to do lots of exercise and sports      |
| 2. fit       | B. feeling strong and well                                |
| 3. early     | C. the way you live your life                             |
| 4. late      | D. before the usual or planned time                       |
| 5. lifestyle | E. food that is made quickly and is not very good for you |
| 6. fast food | F. after the usual or planned time                        |

b. With your partner, choose two of the words above to talk about yourself and what you usually do. Share with the class.

I eat a lot of fast food.



**Listening**

a. Two friends are doing a quiz to compare their lifestyles. Listen and circle the correct words.

1. Toby goes to bed earlier/later than Lisa.  
Lisa likes fast food/fruit.
2. Toby likes fruit juice/soda.  
Lisa should do more exercise/housework.



b. Fill in the blanks. Listen again and check.

The speakers say:

1. It's a quiz to see who has the healthier lifestyle.  
I eat healthier food than you because my favorite food is fruit.
2. I'm fitter than you because I like playing lots of sports.  
I need to go to bed earlier.

fitter  
earlier  
lifestyle  
healthier

## II. Useful Language:



### Useful Language

Listen then practice.



What time does **Bill** go to bed?  
What time does **Julie** go to bed?  
Who do you think is **healthier**?

He goes to bed at 10 p.m.  
She goes to bed at 11 p.m.  
I think **Bill** is healthier because he goes to bed earlier.

### • QUESTIONS:

1. What time + do/ does +S +V .....? ( Hỏi xem ai đó làm 1 việc gì vào lúc mấy giờ)

**EX:** What time do you go to bed ? – I go to bed at 10 p.m

What time does he go to bed ? – He goes to bed at 11 p.m

2. Who do you think is healthier / fitter .....? (Bạn nghĩ ai khỏe hơn ? )

**EX:** Who do you think is healthier ?

3. S1 + V1 + .. + because + S2 + V2 ( nêu lí do )

**EX:** Tracy is healthier because she goes to bed earlier.





 **Grammar**

Match the phrases to complete the sentences. Check with a partner.  
Practice saying the sentences.

- |   |                                  |
|---|----------------------------------|
| 1. You're healthier than me               | because I'm not very healthy.    |
| 2. I'm fitter than you                    | because you drink lots of water. |
| 3. May has a healthier lifestyle than Jim | because I play lots of sports.   |
| 4. Sue eats healthier food than Lucy      | because she goes to bed earlier. |
| 5. I should change my lifestyle           | because she eats a lot of fruit. |



**Pronunciation**

**Sound Changes**

a. "...do you think..." often sounds like /djəθɪŋk/.

c. Now listen again and repeat.

b. Listen to the sentences and notice how the underlined sounds change.

Who do you think is healthier?

Who do you think is fitter?

**Practice** Practice asking and answering using the words and pictures.

Who do you think is fitter?

I think Tracy is fitter because she likes playing tennis.

fitter   healthier   earlier   later   more/less fast food   more/less healthy food



**Jim Thomas**

13

**Favorite food:** fish, potatoes

**Favorite drink:** soda

**Free time activities:** computer games, TV

**Goes to bed:** 10 p.m.



**Tracy Jones**

13

**Favorite food:** carrots, apples

**Favorite drink:** fruit juice, milk

**Free time activities:** yoga, swimming, tennis

**Goes to bed:** 1 a.m.

## Theme 3: **HEALTHY LIVING**

### **Lesson 4 :**

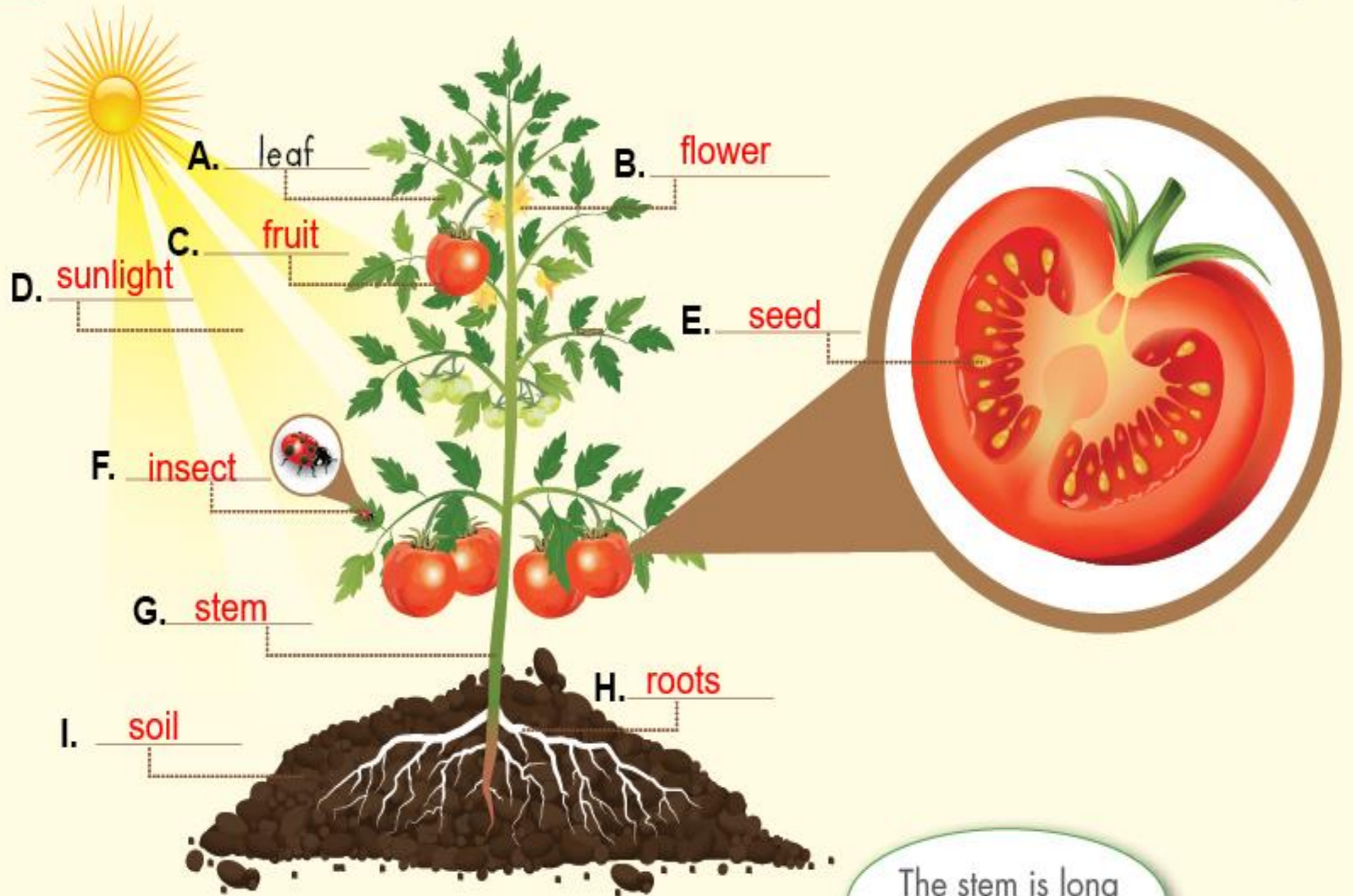
#### **I. New words:**

1. leaf	(n)	: lá cây
2. flower	(n)	: hoa
3. fruit	(n)	: trái cây
4. seed	(n)	: hạt
5. insect	(n)	: côn trùng
6. stem	(n)	: thân cây
7. roots	(n)	: rễ cây
8. sunlight	(n)	: ánh sáng mặt trời
9. soil	(n)	: đất
10. plant	(n)	: cây, thực vật

**A** **New Words**

a. Write the words on the picture. Check with a partner. Listen and repeat.

1. leaf
2. flower
3. fruit
4. seed
5. insect
6. stem
7. roots
8. sunlight
9. soil



b. With your partner, describe the picture. Share with the class.

The stem is long and green.

**Listening**

a. You will hear a talk about biology and plants.

Listen and write "Yes" or "No".

1. Plants that grow in dry places have large leaves. No
2. Roots have to be very long when plants grow in dry places. Yes
3. Birds can help new plants to grow. Yes
4. Stems make food for the rest of the plant. No



b. Draw lines to complete the sentences. Listen again and check.


The speaker says:

1. Leaves ~~take water and food from the soil.~~
2. Roots ~~helps carry food and water to every part of the plant.~~
3. Flowers ~~make food for the plant using sunlight.~~
4. The stem ~~make seeds with help from insects.~~

## II. Useful Language:



Useful Language

Listen then practice. 

What do the roots do?  
They take water and food from the soil.

### Hỏi về chức năng của từng bộ phận trên cây:

**What + do/ does + S ( roots/ leaves/ stems/..) + do ?**

EX: 1. What do **the roots** do ? (rễ cây có chức năng gì ? )

- They take water and food from the soil ( Chúng lấy nước và thức ăn từ đất)

2. What do **the leaves and the flowers** do ? (Lá và hoa có chức năng gì ? )

- They use sunlight to make food ( Chúng sử dụng ánh sáng để tạo ra thức ăn cho cây.





**Reading**

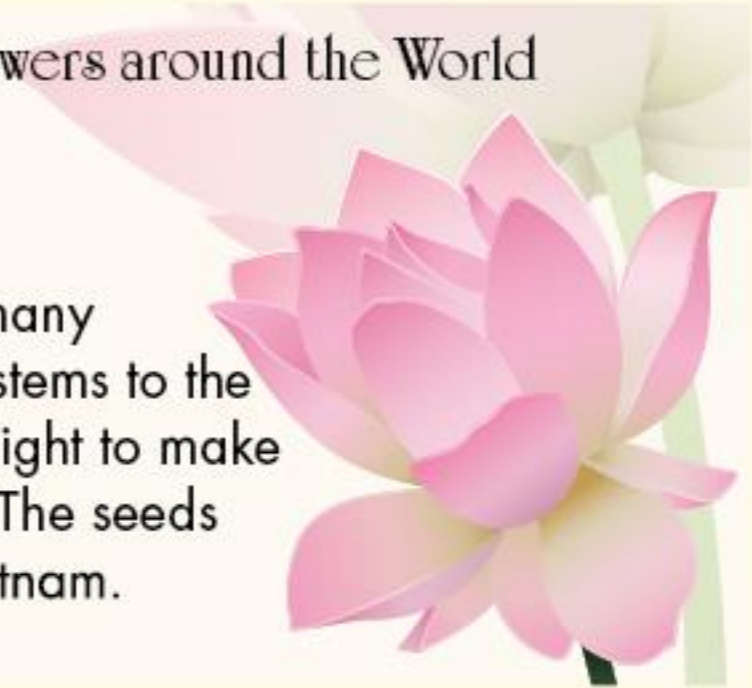
a. Read the article and choose the best headline. Fill in the blank.

1. The National Flower of Vietnam    2. Different Flowers of Vietnam    3. Flowers around the World

Headline: \_\_\_\_\_.

Ken Johnson, October 20

Vietnam's national flower is the lotus. They grow in ponds and have flowers of many different colors. The roots take food from the soil and carry it through their long stems to the rest of the plant. The leaves and the flowers are on top of the water and use sunlight to make food. Insects help the flowers make seeds that can be eaten as a healthy snack. The seeds can also grow into new lotus plants. Beautiful lotus flowers are the symbol of Vietnam.



b. Read the article again and circle "True" or "False".

1. Lotus plants can have flowers of many different colors.
2. Lotus plants have short stems.
3. Lotus flowers are found under the water.
4. The leaves don't need sunlight to make food.
5. Lotus seeds can be eaten as a healthy snack.

- True/False  
True/False  
True/False  
True/False  
True/False





**Writing**

a. Read the paragraph and choose the best topic sentence.

\_\_\_\_\_. They have big green leaves and long stems. Their roots take food and water from the soil. The stem carries the food and water to the leaves. Insects help the flowers make seeds. People eat the fruit. You can see bitter melon plants in many parts of Vietnam.

- A. Bitter melon plants grow a lot in Vietnam
- B. There are many kinds of fruit in Vietnam

b. Now, in your notebook, write a similar paragraph about a plant from your country.

## Theme 3: **HEALTHY LIVING**

### **Lesson 5 : REVIEW LESSON**

#### **I. New words:**

#### **Lesson 1:**

- |                        |                                    |
|------------------------|------------------------------------|
| 1. health (n)          | : sức khỏe                         |
| +healthy (adj)         | : khỏe mạnh, lành mạnh             |
| +unhealthy (adj)       | : không khỏe mạnh, không lành mạnh |
| 2. eat fruit           | : ăn trái cây                      |
| 3. do exercise         | : tập thể dục                      |
| 4. get some sleep      | : ngủ một chút                     |
| 5. eat food            | : ăn thức ăn                       |
| 6. play computer games | : chơi trò chơi trên máy tính      |
| 7. eat candy           | : ăn kẹo                           |
| 8. watch TV            | : xem truyền hình                  |
| 9. drink soda          | : uống nước ngọt có ga             |

#### **Lesson 2:**

- |                      |                       |
|----------------------|-----------------------|
| 1. headache (n)      | : bệnh đau đầu        |
| 2. dizzy (adj)       | : hoa mắt, chóng mặt  |
| 3. medicine (n)      | : thuốc uống          |
| - take some medicine | : uống vài viên thuốc |
| 4. stomach ache (n)  | : bệnh đau dạ dày     |
| 5. sick (adj)        | : bệnh                |
| 6. weak (adj)        | : yếu                 |
| 7. rest (v,n)        | : nghỉ ngơi           |
| - get some rest      | : nghỉ ngơi một chút  |

## Lesson 3 :

1. healthy (adj) : khỏe mạnh
2. fit (adj) : khỏe, thích hợp
3. early (adj, adv): sớm
4. late (adj, adv): trễ, muộn
5. lifestyle (n) : lối sống, cách sống
6. fast food (n.phr) : thức ăn nhanh
7. fruit juice (n.phr) : nước trái cây
8. favorite food(n.phr) : thức ăn yêu thích

## Lesson 4 :

1. leaf (n) : lá cây
2. flower (n) : hoa
3. fruit (n) : trái cây
4. seed (n) : hạt
5. insect (n) : côn trùng
6. stem (n) : thân cây
7. roots (n) : rễ cây
8. sunlight (n) : ánh sáng mặt trời
9. soil (n) : đất
10. plant (n) : cây, thực vật

## II. Useful Language:

### Lesson 1

How much **candy** do you eat **every day**? I eat **lots of candy**. I like it.  
That's very **unhealthy**.

**Note**

- (not) any
- a little
- some
- a lot of/lots of

### Lesson 2

How do you feel today? I feel **sick**.  
Do you have a **stomach ache**? Yes, I do.  
Do you **eat a lot of fast food**? Yes, I do.  
You shouldn't **eat too much fast food**.

**Note**

We use "too many" before countable nouns.  
e.g. You shouldn't eat **too many** cheeseburgers.  
We use "too much" before uncountable nouns.  
e.g. You shouldn't drink **too much** soda.

## Lesson 3

What time does **Bill** go to bed?

He goes to bed at 10 p.m.

What time does **Julie** go to bed?

She goes to bed at 11 p.m.

Who do you think is **healthier**?

I think **Bill** is healthier because he goes to bed earlier.

## Lesson 4

What do the **roots** do?

They **take water and food** from the soil.





**Listening**

Listen to Sam talking to Alice about healthy living.

For questions 1 to 5, tick (✓) A, B or C. You will hear the conversation twice.



**Example:**

0. Alice feels

A. great.

B. sick.

C. OK.

2. Alice doesn't eat

A. fast food.

B. candy.

C. fruit.

4. Sam's brother goes to

A. swimming club.

B. school.

C. the gym.

1. Alice has a

A. stomach ache.

B. headache.

C. healthy lifestyle.

3. Sam goes swimming

A. once a week.

B. with his sister.

C. every day.

5. Alice's sister plays

A. soccer.

B. guitar.

C. computer games.





**Reading** Complete the five conversations. For questions 1-5, mark A, B or C.

Example:

0.



How do you feel today?



A. Yes, please.

B. I don't eat candy.

C. I feel sick.

Answer:

0	A	B	C
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

1. Do you have a headache?

- A. No, thank you.
- B. I'm tired.
- C. Yes, I do.

2. Who do you think is healthier?

- A. He eats candy every day.
- B. I think Lucy is healthier than Bill.
- C. I go swimming every weekend.

3. How much exercise do you do?

- A. I love swimming.
- B. I play soccer twice a week.
- C. I don't like P.E.

4. Do you eat a lot of fast food?

- A. I'm hungry.
- B. He doesn't like it.
- C. Yes, I do.

5. Who do you think is fitter?

- A. James is fitter than Sam.
- B. I always play basketball.
- C. James goes to the gym.

1	A	B	C
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2	A	B	C
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3	A	B	C
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4	A	B	C
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5	A	B	C
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





# WRITING MODELS

## Basic paragraph model

**Topic Sentence:**

The main idea of the paragraph

**Body sentence 1:**

First sentence related to the topic sentence

**Body sentence 2:**

Second sentence related to the topic sentence

**Body sentence 3:**

Third sentence related to the topic sentence

**Conclusion:**

Same idea as the topic sentence,  
but with different words

- 
- Sam has a much healthier life-style than Lila does.
  - He does exercise twice a week and eats healthy food.
  - He goes to bed early and doesn't eat fast food.
  - Lila eats lots of fast food and doesn't do any exercise.
  - Lila isn't as healthy as Sam.

